

How to Not Meditate

*There are only
Two ways to fail.
To not complete, or
To not begin.*

-- Buddhist saying

This is not an official or authorized document.
It is a reflection on the varieties for the practice of
developing a quiet mind for spiritual growth and
inner peace.

Meditation is not something you do.
Meditation is the things you do not do.
Meditation is not magic.

Meditation is tuning into yourself like a radio
where the radio no longer picks up the desired
station.

Meditation is not scientific.

Meditation is finding an inner calm and
spiritual guidance.

There is no official form of Meditation.

Meditation is more than one tool for
meditation.

Some Meditation practices are complex and
based on a single, approved form of spirituality.

Beginner's Meditations must be simple.

Religions and beliefs have a tradition of
Meditation as part of its Practice.

Catholics have the Rosary.

Protestants have group prayers and weekly
schedules.

Monks and nuns of all faiths have beads and
chants.

Hindus have the centering techniques of Yoga.

Moslems have the trance dancing dervishes.

Native Americans have traditions of vision
quests and time in quiet contemplation.

Atheists have their personal routines or areas of
thought.

They all work.

Find the style and method that works best for
you.

Do Not Try to Find God While Meditating.

Think of being young and going to a store. It
may be the grocery store with your mother, an
aunt, or some other grown-up. It may have been to
a department store, the fair, a school event, or a
festival.

If you were to get separated from the adult, the
worst thing you can do is go looking for them.

You might miss each other if both of you are
moving.

Sit still and wait for them to find you.

And they will find you.

While you are waiting, you can be calm and
secure that they are searching for you and you are
making yourself findable.

You are lost – not God, no matter how you
understand God.

If you become still and stay right here, right
now, you give yourself the chance to be found.

You make yourself "Findable."

And you are safe, no matter what is going on in your life.

Ways to Meditate

Meditation requires a dedicated time spent with your chosen practice and repetition. A simple timer can set limits on the time spent meditating – a watch alarm, a kitchen timer, etc.

You can meditate alone or with others – both ways have value.

You can meditate being still or moving. Some people meditate best sitting in a natural setting with no agenda; others find a strict liturgy leads to mental and emotional liberation.

None of these are required, but you can choose parts of any of them to improve your personal meditation.

Many people have been meditating for years and not even known it. They have something they do that provides repetition and makes them comfortable exactly where they are, doing what they are doing.

They often look forward to it, not understanding why it gives them such a sense of peace.

Meditation can be sitting still or it can be moving.

Meditation can be doing nothing or doing something.

Meditation can be meaningful contemplation of an image, a verse, or a saying; or sitting looking inward at a memory of such an idea.

Meditation can be an effortless stepping away from stress and worry.

Meditation can be found in a favorite incense, the fragrance a certain flower, or appreciating the aroma of your favorite cup of coffee.

Meditation can be listening to a particular type of music, or singing.

Meditation can be watching a favorite image, scene, or the abstract movement in stream of water or lava lamp.

Meditation can be performing a task; gardening, knitting, dancing, drawing, working a potter's wheel, building a wall, cooking, running, or riding a bicycle.

You will discover the form that gives you the best calm. Begin with a few suggestions, and even when you find your favorite way to meditate, try other ways as well.

You can always discover a new answer that does not make the old answer wrong, but enriches you by giving you more than one channel.

A Simple Beginning

There is no required decoration, devices, furniture, or approved chant for meditation – but someone you know may have a suggestion from their own practice.

Find a spot to be comfortable, or at least more comfortable than you are normally. At times, this may not be completely comfortable, particularly in the beginning. Someone may suggest a position, a posture, or something else they use for their own meditation.

Determine a way to limit your beginning meditation – a timer, a specific length of music, or other indicator. Later, you may want to sit and meditate for as long as you feel focused and relaxed.

You may start in a quiet setting; a room, a spot outdoors where you will not be disturbed, or even sitting in a car. Later, you will be able to meditate anywhere, regardless of noise or distraction.

You may start with a familiar movement; walking, running, gardening, knitting, cooking, singing, reading, or whatever gives you the most quiet.

Don't expect anything. If you do expect something, don't criticize yourself or try to make

yourself wrong for having the expectation. Simply notice it and understand you are trying something new and may have no experience in how to 'not expect.' You aren't meditating to criticize yourself.

You can sit, or begin the motion as you feel most comfortable. In the beginning, it is usually suggested that you not lay down to relax. You could easily go to sleep and it is not the purpose of meditation to bring on sleep.

Start with one thing -

a smell,

a sound,

a motion,

a passage or verse for contemplation.

If moving, how long do you want to be doing your movement (not where you will go or the product of your action)?

The Meditation

Don't worry about the past or project into the future.

Concentrate on the moment you are in – right now, right here.

Try to notice things without "thinking" about them.

Notice your breathing.

Notice the sounds around you.

Notice what you see.

Notice the smells.

Notice the tastes.

Notice the feel of air brushing against your skin or the cloth against your skin.

But try to not "think" about any of them. Avoid thinking if they are good or bad, pleasant or annoying, useful or beautiful – just notice them, as they are.

If you should accidentally start thinking, that is not bad. Just notice that you are thinking about something and try to get your attention back to the experience of being aware of this exact moment.

Maybe you will have someone come to you and want to talk while you are being quiet. That means that as part of your "now" you have someone who wants to talk to you. It may be about something for their own benefit, but you have someone who wants to talk to you.

Was that always true?

Successful Meditation

With successful meditation you simplify your life to the exact moment where you are.

You will find a new starting point in "here" and "now."

You will discover that every moment in your life has had a "here" and "now," but you missed them because of thoughts of "there" and "then."

You will find a new ability to recognize new answers, the ability to change directions with less stress, and the serenity that comes without.

We will notice the lost opportunities of the past without criticism or judgment. Simply notice the difference between a life lived in the "there" and "then," and a new life lived in the "here" and "now."

If we remember the idea being lost in a store, you will discover how to meditate to make yourself "findable" to your own Higher Power, or God as you understand God.

"we will understand the word serenity, and we will know peace..."

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